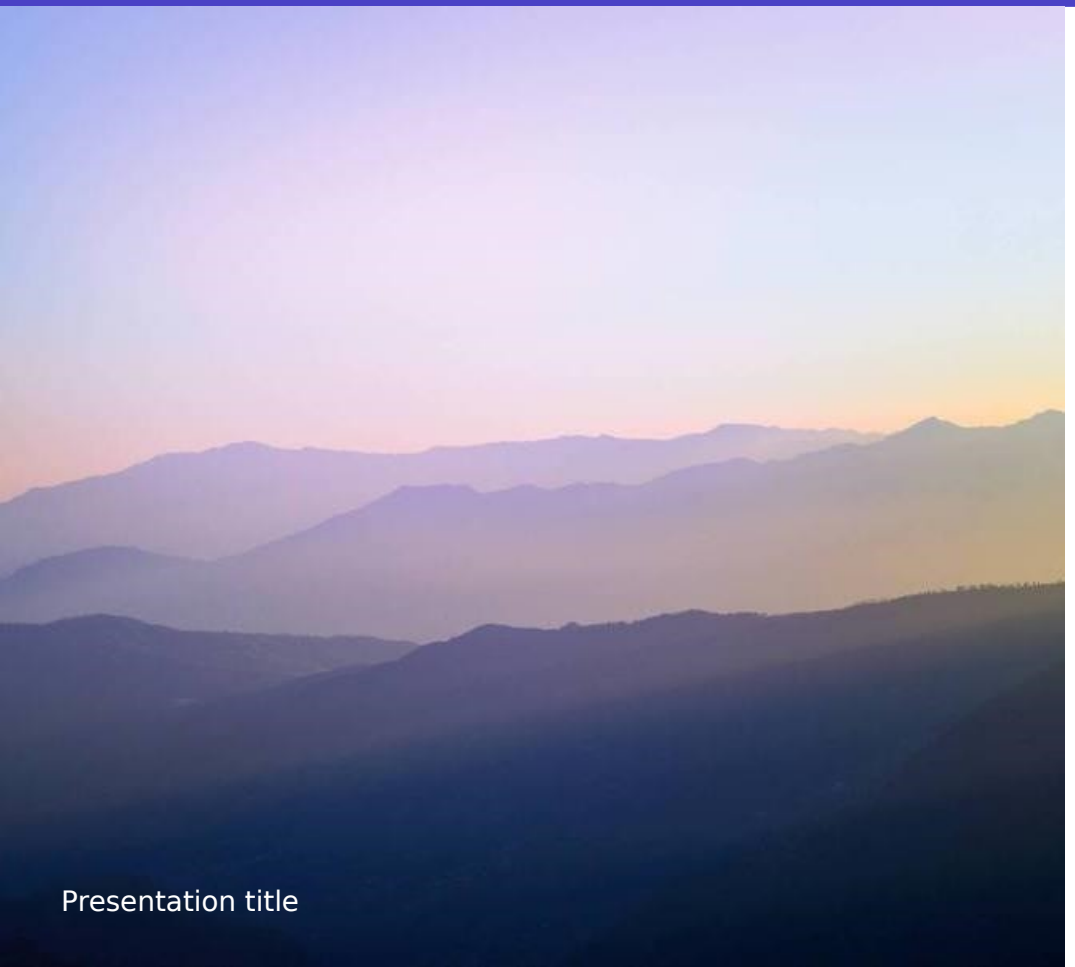
PE 308 Theory and Psychology of Coaching

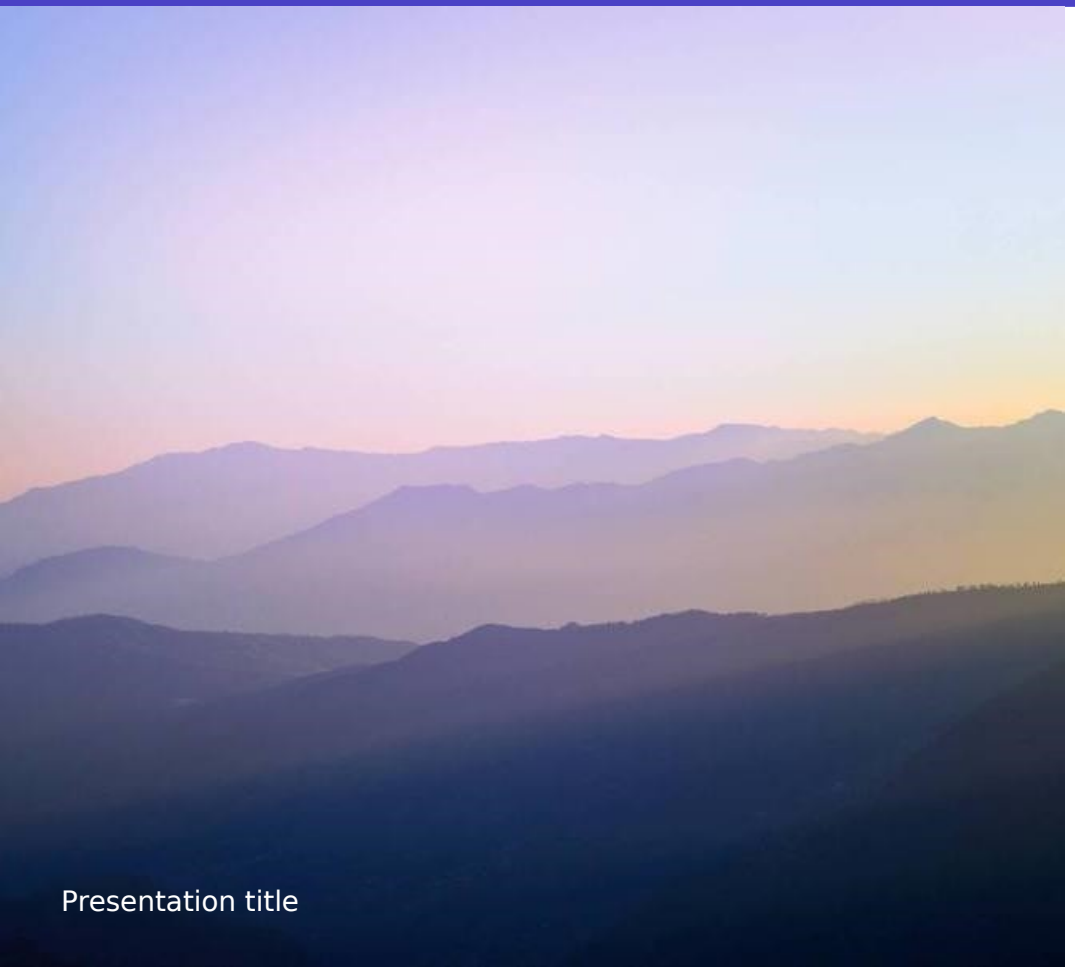
Chapter 16 Fueling Your Athletes

Key Concepts



1. Nutritional fuel for performance comes from foods that contain carbohydrate, protein, and fat.
2. Vitamins and minerals are not direct sources of energy but are needed to derive energy from carbohydrate, protein, and fat.

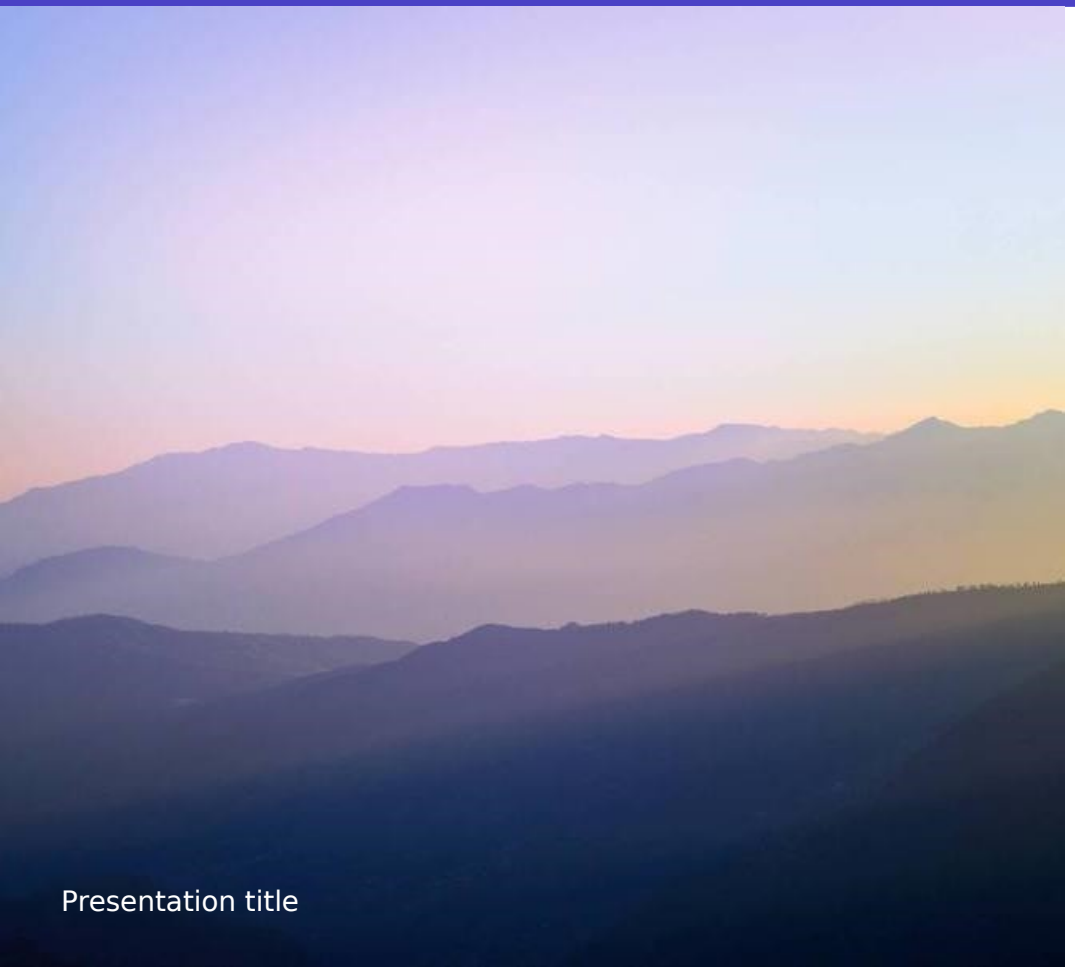
Key Concepts



3. Diets high in protein usually mean the body is low in carbohydrate and fat, which are necessary for producing energy. To compensate, the body burns off crucial tissue-building protein.

4. Water is an important nutrient used in muscle development and temperature control; athletes should aim to maintain consistent hydration levels while they are exercising.

Key Concepts



5. Nutritional supplements can have beneficial effects but also have risks. Other than sports drinks, coaches should not provide nutritional supplements to athletes.

6. With regard to nutrition, the role of a coach is to educate the athletes about healthy eating and to model healthy eating habits.

A. Coaches Role with Regard to Nutrition

- 1. Educate
- 2. Encourage
- 3. Involve the parents
- 4. Identify athletes who need special help
- 5. Serve as a role model

B. Six Basic Nutrients

- 1. Carbohydrate
- 2. Protein
- 3. Fat (lipids)
- 4. Vitamins
- 5. Minerals
- 6. Water

C. The Athlete’s Diet

- 1. Optimal athlete diet
- 2. What to eat
- 3. Seven rules of eating right

D. Nutritional Supplements Used in Sport

- 1. Risks associated with the use of nutritional supplements
- 2. Popular nutritional supplements in sport
- 3. Guidelines for coaches recommending nutritional supplements

E. Hydration

- 1. Proper hydration
- 2. Heat-related illnesses
- 3. Sodium loss
- 4. Fluid replacements
- 5. Preventing hydration
- 6. Hot environments

F. Energy Balance

- 1. Weight loss
- 2. Weight gain
- 3. Pre-event eating
- 4. Eating during endurance events
- 5. Tournaments and daylong events
- 6. Post event eating

G. Eating Disorders

- 1. Five factors that increase the risk of eating disorders
- 2. Signs of eating disorders
- 3. Guidelines for confronting athletes suspected of disordered eating
- 4. 10 Do’s & Don’ts for dealing with eating disorders

H. Coaches’ Healthful Eating

- 1. Following the seven rules for eating right